

CHICKEN BROCHETTES

| METRIC | INGREDIENTS | IMPERIAL |
|----------------|--|------------------------|
| 1-2 per person | wooden skewers | 1-2 per person |
| 1 per person | boneless, skinless chicken breast | 1 per person |
| 50mL | soya sauce | 3 tablespoons |
| 30mL | brown sugar | 2 tablespoons |
| 15mL | oil | 1 tablespoon |
| 5mL | balsamic or red wine vinegar | 1 teaspoon |
| 1 clove | garlic, chopped | 1 clove |
| 1mL | pepper | $\frac{1}{4}$ teaspoon |
| as desired | veggies (green pepper, mushrooms, onion, tomatoes) | as desired |

1. In a lasagne pan, soak wooden skewers in water.
2. In a medium bowl, combine all ingredients except chicken and veggies.
3. Add chicken and veggies to marinade.
4. Toss with a spoon or fork.
5. Marinate as time permits or up to 30 minutes.
6. Pre-heat broiler.
7. Grease a shallow baking pan.
8. Skewer chicken and vegetable pieces onto skewers.
9. Place on baking sheet.
10. Save remaining marinade.
11. Broil brochettes for 5 minutes. Turn over and broil another 5 minutes or until chicken is no longer pink. Baste with saved marinade if desired.

| NUTRITIONAL INFORMATION | |
|------------------------------------|---------------------------|
| Calories per serving 219 | Fiber 0 g |
| Carbohydrate 8 g | Vitamin A 76 IU |
| Protein 20 g | Vitamin C 1 mg |
| Total fat 12 g | Calcium 19 mg |
| Saturated fat 2.8 g | Sodium 573 mg |
| Cholesterol 58 mg | Iron 1.1 mg |

